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ABSTRACT

Despite an act of Congress encouraging state and local governments and local educational agencies to provide high quality daily physical education programs for all K-12 students, there is no federal law mandating physical education. Each state decides if physical education should be offered and how much time should be devoted to it. This booklet reports on the Shape of the Nation Survey conducted by the National Association for Sport and Physical Education (NASPE) in 1993. The survey, first conducted in 1987, queries Departments of Education in the 50 states and the District of Columbia regarding kindergarten through grade 12 physical education programs in their states. The publication provides survey findings, recaps 1987 results, and gives NASPE recommendations. The main body of the document is devoted to brief descriptions of physical education in each state. For each state the following topics are covered: the availability of and mandate for physical education programs, an overview of who is teaching physical education, examples of special state needs and initiatives, and names and addresses of contact persons. Overall findings suggest that while the number of states mandating physical education has increased to 46 from 42 in 1987, physical educators are under intense pressure to defend their programs during these cost-cutting times. (LL)

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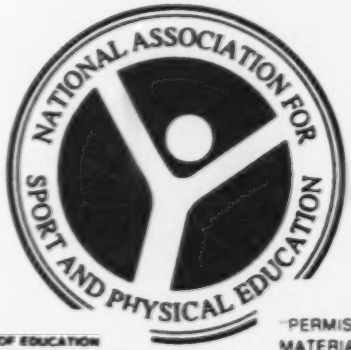
ED 366 554

# SHAPE OF THE NATION 1993

## A Survey of State Physical Education Requirements

*conducted by*

**National Association for Sport and Physical Education**

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## Highlights Overview

### Introduction

Congress passed Resolution 97 in 1987 encouraging state and local governments and local educational agencies to provide high quality daily physical education programs for all children in kindergarten through grade 12. In 1990 as part of the Healthy People 2000 Objectives, the Department of Health & Human Services called for the following Physical Activity and Fitness Goals:

> 1) "Increase to at least 50 percent the proportion of children and adolescents in 1st through 12th grade who participate in daily school physical education."
>
> 2) "Increase to at least 50 percent the proportion of school physical education class time that students spend being physically active, preferably engaged in lifetime physical activities."

Thus, despite an act of Congress and the Healthy People 2000 Objectives, there is no federal law mandating physical education. Each state decides if and how much time should be devoted to physical education.

The purpose of the Shape of the Nation Survey, which was first conducted in 1987, is to determine the availability of and mandate for physical education programs in each state, provide an overview of who is teaching physical education and present examples of special state needs and initiatives.

The staff of the National Association for Sport & Physical Education (NASPE) surveyed State Departments of Education regarding kindergarten through grade 12 physical education programs in their states during the summer of 1993. The results are as follows:

## Findings

While the number of states mandating physical education has increased to 46 from 42 in 1987, physical educators are under intense pressure to defend their programs during these cost-cutting times. In some states, school districts are seeking waivers from the requirements of physical education because of financial constraints. Additional funding for physical education specialists at the elementary level, increased time requirements and more public support for physical education are among the needs expressed by the State Departments of Education.

Currently, four states (Illinois, Kentucky, Hawaii, and Rhode Island) require all students to take a specific amount of physical education in all grades, K-12.

Illinois is still the only state that requires daily physical education for all students, K-12. Washington requires daily physical education for all students, K-8. Alabama requires daily physical education for all students, K-6.

Four states (Arizona, Mississippi, Missouri and Wyoming) do not have any state mandates relating to physical education. All requirements are left to the individual school districts.

Four states (Alabama, Delaware, Illinois, Minnesota) require elementary school students to take physical education approximately 30 minutes per day, five days a week.

Two states (Alabama and Illinois) recommended middle school students take physical education 50 minutes per day, five days per week.

Six states (Illinois, Iowa, Kentucky, New Jersey, New York and Rhode Island) require high school students to take physical education for all four years of high school, and 25 states (Alabama, Alaska, Arkansas, Delaware, Hawaii, Idaho, Indiana, Kansas, Maine, Minnesota, Montana, Nebraska, New Hampshire, New Mexico, North Carolina, North Dakota, Ohio, Oregon, South Carolina, Tennessee, Vermont, Virginia, Washington, West Virginia, Wisconsin) as well as the District of Columbia require physical education for only one year between 9th and 12th grades.

36 states permit classroom teachers to teach physical education at the elementary level.

The majority of elementary school students in California, Idaho, Illinois, Nevada, Texas, Utah and Virginia are taught physical education by classroom teachers.

All states require a certification in physical education and/or health education to teach physical education at the middle and secondary school levels. Many states are designing programs to reflect an emphasis an lifetime fitness and skills development.

Three states (Connecticut, Louisiana and Wyoming) do not have a Physical Education Consultant working at the State Department of Education.

33 states have school district determined physical education mandates.

**To recap the 1987 results:**

Four states (Illinois, New Jersey, New York and Rhode Island) required all students to take a specific amount of physical education in all grades, K-12.

Only one state (Illinois) required all students, grades K-12, to take physical education every day.

Eight states (Arizona, Colorado, Maine, Michigan, Mississippi, Oklahoma, South Dakota, and Wyoming) did not have any state mandates relating to physical education. All requirements were left to the individual school districts.

Only five states required elementary school students to take physical education 30 minutes per day, five days a week.

Only four states required junior high school students to take physical education 50 minutes per day, five days a week.

While most of the states require high school students to take some physical education, only 12% require them to take it for all four years of high school; 44% required physical education to be taken for only one year.

**NASPE Recommendations**

How much physical education do our children need? The National Association for Sport & Physical Education recommends that all students receive quality daily physical education in grades K-12 at these minimum levels:

* Elementary school children should receive 30 minutes per day-every day

* Secondary school students should receive 45-55 minutes per day-every day.

## Alabama

- Requirements: Daily PE is required by the state for all students K-8; 1 year of PE is required for graduation plus one unit in health education for grades 9-12
- Who's Teaching PE? PE Specialists*, Classroom Teachers, Non-Certified Personnel
- Needs: Smaller class size in K-6, more equipment, better facilities
- PE Specialists are paid out of state funding K-6
- State Department of Education Physical Education Contacts: Ginny Akers, Elementary (205) 242-8082; Judy Ryals, Secondary (205) 242-8013 -- State Department of Education, Gordon Persons Office, 50 North Ripley Street, Montgomery, AL 36130-3901

## Alaska

- Requirements: There are no state requirements for elementary; one year of physical education is needed for graduation at the secondary level; no time requirements
- Who's Teaching PE? All PE Specialists at the elementary, middle and secondary levels except in the rural areas
- Needs: health education and physical education need to be specifically addressed in the Alaska 2000 Goals
- There is a correspondence school for secondary physical education
- State Department of Education Physical Education Contact: Helen Mehrkens (907) 465-8730 -- State Department of Education, 801 W. 10th St., Suite 200, Juneau, AK 99801-1894

Arizona

- Requirements: No state requirements for PE, left up to the discretion of local school districts
- Who's Teaching PE? PE Specialists
- State Department of Education is including both health education and physical education lessons in the Comprehensive Health Essential Skills Training Program
- State Department of Education Physical Education Contacts: Brenda Henderson (Phoenix) (602) 542-4273; Sue Habkirk (Tucson) (602) 628-6791 -- State Department of Education, 1535 West Jefferson, Phoenix, AZ 85007

Arkansas

- Requirements: State requires nine weeks of PE for 7-8, and 18 weeks/1 year for 9-12; recommends 50 minutes per week for elementary
- Who's Teaching PE? PE Specialists, Classroom Teachers, Non-Certified Personnel
- Needs: More funding
- State Department of Education Physical Education Contact: Gary Parish (501) 682-4472 -- State Department of Education, Four State Capitol Mall, Little Rock, AR 72201-1071

## California

- Requirements: state requires 200 minutes every 10 days for K-8; 400 minutes every 10 days for 9-12
- Who's Teaching PE? Over 95% of elementary students are taught by Classroom Teachers; PE Specialists teach middle and secondary levels
- Needs: Must develop an advocacy plan because school districts are seeking waivers from the state requirements because of financial constraints
- California Association for Health, Physical Education, Recreation & Dance (CAHPERD) is launching a pilot project called "Music and Movement: A Learning Partnership" with the California Music Educators Association for pre-school caregivers and K-6 classroom teachers
- State Department of Education Physical Education Contact: Pat Valladao (916) 657-3702 -- State Department of Education, PO Box 944272, 721 Capitol Mall, Sacramento, CA 94244-2720

## Colorado

- Requirements: State legislature recently passed House Bill 1313 - standard-based education law requiring state and local standards and assessments in physical education and nine other content areas
- Who's Teaching PE? Mostly PE Specialists but some Classroom Teachers at the elementary level
- Needs: increase the visibility about the importance of physical education standards at the national level with the U.S. Department of Education
- House Education Committee passed Resolution 93-1009 which supports daily quality physical education in schools
- Several school districts are discussing giving credit for athletics and participation in health clubs; and building community support by opening up the gym facilities for recreation activities and possibly hire physical educators as instructors
- State Department of Education Physical Education Contact: Sue Schafer (303) 866-6748 -- State Department of Education, 201 East Colfax Avenue, Denver, CO 80203-1705

## Connecticut

- Requirements: There is a state statute which says that physical education must be included in the program of instruction; the specifics of the program are at the discretion of the local districts
- Who's Teaching PE? Mostly Physical Education Specialists
- Needs: Certified Physical Education Specialists at all levels
- Has a fitness test that is part of the Strategic School Profile for students in grades 4,6,8 and 10.
- Does not have a Physical Education Consultant working for the State Department of Education, 165 Capitol Avenue, PO Box 2219, State Office Building, Hartford, CT 06145

## Delaware

- Requirements: The state mandate reads that for grades K-6 physical education is a suggested activity, 30 minutes a day; grades 7-8 physical education must be offered at least two classes per week for 1 year; grades 9-12 one Carnegie unit is needed to graduate (1/2 credit each for two years)
- Who's Teaching PE? 95 percent are Physical Education Specialists
- Needs: Hope to make physical education in K-6 a requirement someday
- Looking more towards a fitness emphasis with a greater emphasis on quality daily physical education in K-6 and a restructuring of secondary PE to reflect lifetime skills
- State Department of Education Physical Education Contact: Dean Betts (302) 739-4888 – State Department of Public Instruction, PO Box 1402, Townsend Building, Dover, DE 19903

## District of Columbia

- Requirements: Requirements for Pre-K - 6; 1 1/2 Carnegie Units of health and PE required for graduation
- Who's Teaching PE? PE Specialists
- Needs: Teacher Training Programs
- District of Columbia Public Schools Physical Education Contact: Vinna Freeman (202) 724-4926 -- Carver School. 45th & Lee St., NE, Washington, DC 20019

## Florida

- Requirements: State requires regularly scheduled PE instruction each year (determined by local school district) for grad K-8; one semester "Personal Fitness" course and one semester health education course are required for graduation in grades 9-12; local school districts may require additional PE for graduation
- Who's Teaching PE? PE Specialists and Classroom Teachers at the elementary level; PE Specialists at the middle and secondary levels
- Needs: More funding, increased time requirements for PE
- New Initiatives: One of five states to receive a five-year Comprehensive School Health Program Grant from the Centers for Disease Control; use of technology to promote physical activity
- State Department of Education Physical Activity Contact: Manny Harageones (904) 488-7835 -- Florida Department of Education, 325 W. Gaines St., Suite 414, Tallahassee, FL 32399-0400

## Georgia

- Requirements: State requires 60 hours per year for K-8, and 18 weeks/1/2 year for 9-12
- Who's Teaching PE? PE Specialists, Health/PE Specialists
- State Department of Education Physical Education Contact: Rendel Stalvey (404) 656-2414 -- State Department of Education, 2066 Twin Towers East, 205 Butler Street, Atlanta, GA 30334

Hawaii

* Requirements: State requires 120 min/wk for K-3, 90 min/wk for 4-6, and 7-45 days/year for 9-12
* Who's Teaching PE? Classroom Teachers at the elementary level, PE Specialists at the middle and secondary levels
* Needs: Specialists at the elementary level, emphasis on lifetime fitness, more administrative support
* State Department of Education Physical Education Contact: Kendyl Ko (808) 396-2563 -- Department of Education, PO Box 2360, Honolulu, HI 96804

Idaho

* Requirements: State requires 90 min/wk for 1-6, 140 hr/1 year 7-8, and 140 hr/1 year 9-12
* Who's Teaching PE? Physical Education Specialists, Health/PE Teachers, Classroom Teachers (65%)
* State Department of Education Physical Education Contact: Shannon Page (208) 334-2281 -- State Department of Education, Len B. Jordan Office Building, 650 West State Street, Boise, ID 83720

Illinois

* Requirements: State requires daily physical education for all students K-12
* Who's Teaching PE in elementary school? Physical Education Specialists, Health/PE Teachers, Classroom Teachers (85%)
* Needs: National support for daily PE
* There is an over supply of PE teachers for the jobs available
* State Department of Education Physical Education Contact: Jerry Foster (217) 782-2826 -- State Board of Education, 100 North First St., Springfield, IL 62777

## Indiana

* Requirements: State requires for grades 1-3, 105 minutes per wk for motor development, health and safety education; grades 4-6, 75 minutes per wk; 6-8, 100 minutes per wk; grades 9-12, 1 school year/1 credit required of PE for graduation
* Who's Teaching PE? Physical Education Specialists, Health/PE Teachers, Classroom Teachers
* Needs: Recess is credited towards physical education
* State Department of Education Physical Education Contact: Barbara Ettl (317) 232-9154 -- State Department of Education, Room 229, State House, 100 North Capitol St., Indianapolis, IN 46204-2798

## Iowa

* Requirements: State require schools to offer PE in grades 1-8, but does not require students to take PE nor mandate time. In grades 9-12 students are required to take PE a minimum of 50 minutes per week each semester in which enrolled.
* Who's Teaching PE? PE Specialists at all levels
* Needs: more legislative support, more emphasis on the significant role physical education plays in overall comprehensive school health education program
* Iowa Youth Fitness Summit scheduled for the fall of 1993, two studies will be released about the Shape of Iowa's Children and Status and Perceptions
* State Department of Education Physical Education Contact: Mary Thissen-Milder (515) 281-4804 -- State Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146

## Kansas

* Requirements: State requires physical education at the elementary level and 1 unit is needed for graduation during grades 9-12; there are no time or content requirements
* Who's Teaching PE? Physical Education Specialists
* Needs: Emphasis on lifetime fitness and not team sports
* New initiatives: The State Board of Education has received a planning grant from the Kansas Health Foundation to study the effectiveness of physical education programs for high school students. Professional in-service trainings for high school PE Specialists will be conducted.
* State Department of Education Physical Education Contact: Janet Wilson (913) 296-6716 -- State Board of Education, 120 East Tenth St., Topeka, KS 66612

## Kentucky

* Requirements: State requires all students show progress toward physical education outcomes. In addition, high school students are required to have a 1/2 credit physical education course for graduation.
* Who's Teaching PE? 74% are PE Specialists, Classroom Teachers
* New Initiatives: Kentucky has identified outcomes on physical wellness, psychomotor skills, and lifetime implications for involvement in physical activity. The state assesses students at the 4th, 8th, and 12th grade levels; continuous assessment (P-12) will occur at the local level to assess all students on their progress toward reaching those outcomes. Thus, instruction in physical education is required at all grade levels.
* Needs: Local school districts and schools to develop curriculum based on learner outcomes and classroom teachers to use "best teaching" practices
* State Department of Education Physical Education Contact: Jean Cain (502) 564-2106 -- State Department of Education, Capitol Plaza Tower, 500 Metro Street, Frankfort, KY 40601

## Louisiana

* Requirements: There are state curriculum guidelines for physical education for students K-10; time requirements are left to the discretion of the local parish
* Who's Teaching PE? Mostly Physical Education Specialists
* Does not have a Physical Education Coordinator working for the State Department of Education, PO Box 94064, Baton Rouge, LA 70804-9064

## Maine

* Requirements: Has mandated physical education in grades K-8, and one credit is required between grades 9-12; there are no time requirements for any subject in the state
* Who's Teaching PE? Primarily Physical Education Specialists, Classroom Teachers
* Needs: All elementary school PE should be taught by certified instructors; a full time physical education consultant is needed at the State Department of Education; comprehensive school health education and quality physical education programs should be included in the Maine Education Goals 2000; work on securing Adapted Physical Education (APE) certification endorsement for physical educators
* State Department of Education Physical Education Contact: Colleen Rioux (207) 287-5854 -- State Department of Education, State House, Station No. 23, Augusta, ME 04333

Maryland

* Requirements: State requires PE for years K-8 but there are no time requirements; a half a credit of PE is needed for graduation
* Who's Teaching PE? PE Specialists
* Needs: technology is needed to enhance physical activity at all levels, i.e., excellent software for fitness testing, laboratory equipment such as body fat analyzer, heart monitor; videotaping of students, etc.
* State Department of Education Physical Education Contact: Betty Reid (410) 333-2325 – State Department of Education, 200 West Baltimore St., Baltimore, MD 21201

Massachusetts

* Requirements: Physical education is a required subject for students, K-12 - 30 clock hours annually for kindergarten; 60 clock hours annually for grades 1-10; a minimum of one course of physical education a semester for grades 11 & 12 is recommended but it is the prerogative of the local school districts
* Who's Teaching PE? PE Specialists and Classroom Teachers at the elementary level; PE Specialists at the middle and secondary levels
* Wants its programs to include new ideas for physical education, for example, secondary students may substitute wilderness skill training for their physical education requirements
* State Department of Education Physical Education Contact: Susan Farb (617) 388-3300, ext. 411 – State Department of Education, 350 Main Street, Malden, MA 02148-5023

## Michigan

* Requirements: General Schools Laws indicate that health and physical education should be provided; specifics of the program are up to local districts
* Who's Teaching PE? PE Specialists, Health/PE Specialists, Classroom Teachers
* Needs: Financial support from the state legislature
* A Referent Group for physical education has been established to promote and support physical education throughout the state
* State Department of Education Physical Education Contact: Linda DeVore (517) 373-0955 -- State Board of Education, PO Box 30008, Lansing, MI 48909

## Minnesota

* Requirements: There is a state requirement for physical education. Time recommendations include 25 minutes a day for elementary; two/three times a week for middle school; a 1/2 credit for graduation in the high school
* Who's Teaching PE? PE Specialists and Classroom Teachers
* New: in 1996 a graduate rule will be implemented based on outcomes and what you know rather than time requirements
* State Department of Education Physical Education Contact: George Hanson (612) 296-6943 -- State Department of Education, 712 Capitol Square Building, 550 Cedar St., St. Paul, MN 55101

## Mississippi

* Requirements: Does not have a state mandate for physical education even though there are requirements for other subject areas; most elementary students are not offered PE; middle and secondary are offered PE
* Who's Teaching PE? PE Specialists
* Needs: More physical education programs for elementary students
* PE requirements are decided by the local school districts, and PE is offered but reported a problem providing quality physical education programs to the rural schools where there might not be a PE specialist. What usually results is recess substituting for physical education.
* State Department of Education Physical Education Contact: I.D. Thompson (601) 359-2330 -- State Department of Education, PO Box Office 771, Jackson, MS 39205-0771

## Missouri

* Requirements: Does not have a state mandate for physical education requirements even though there are requirements for other subject areas.
* Who's Teaching PE?
* Needs: Working on the quality of its physical education program and its teachers by offering 11 programs or clinics on improving physical education
* The Missouri Association for Health, Physical Education, Recreation & Dance (MAHPERD) and the State Department of Education are working toward Outcomes Based approach to physical education
* State Department of Education Physical Education Contact: Sandy Nichols (314) 751-2625 -- Department of Elementary & Secondary Education, PO Box 480, Jefferson City, MO 65102

Montana

* Requirements: Daily Physical Education is required for K-6 but there are no time requirements; 125 min/wk 7-8, 125 min/wk/2 year 9-12
* Who's Teaching PE? PE Specialists, Classroom Teachers
* Needs: Greater School Board and Community Support
* Has combination health and physical education to provide a unified approach to a child's health and fitness, called Health Enhancement
* State Department of Education Physical Education Contact: Spencer Sartorius (406) 444-4434 -- Office of Public Instruction, 106 State Capitol, Helena, MT 59620

Nebraska

* Requirements: State mandate provides physical education to all students as part of the overall curriculum instruction, suggests 108 minutes per week for grades 1-8, two years of personal health and fitness for grades 9-12
* Who's Teaching PE? elementary level - Classroom Teachers and PE Specialists, secondary level - only PE Specialists
* Needs: keep importance of physical education in the eyes of the public
* State Department of Education Physical Education Contact: JoAnne Owens-Nauslar (402) 471-4334 -- State Department of Education, 301 Centennial Mall South, PO Box 94987, Lincoln, NE 68509

## Nevada

* Requirements: Physical education is a mandated course of study for K-12 but there are no time requirements; up to the local school districts K-8; 40 minutes to 200 minutes a week for 7-8; two units to graduate for 9-12
* Who's Teaching PE? K-6 Majority are Classroom Teachers; PE Specialists for middle and high schools
* Needs: presently reviewing and updating course of study
* Pending Legislation: Bill #AB289 requires school district employees to provide for daily physical education instruction to all students.
* State Department of Education Physical Education Contact: Roy J. Casey (702) 687-3187 -- State Department of Education, Capitol Complex, 400 W. King Street, Carson City, NV 89710

New Hampshire

* Requirements: State recommends minimum requirements of 60 minutes a week for elementary, middle and junior high school students; one unit for graduation from high school
* Who's Teaching PE? Primarily PE Teachers, 33% - 50% of PE Teachers also teach health
* Needs: Smaller class size, more time requirements, have physical activity requirements become an integral part of daily routine for all students, better facilities, update certification process, more focus on professional development, ensure that PE is taught by certified instructors
* Recent Initiatives: "Walk into History" program which combines physical fitness with history, math, science and English; A Family Affairs fitness brochure and advocacy kit for physical education; New Hampshire AHPERD co-hosted the NASPE/COPEC national elementary physical education conference in 1992 on developmentally appropriate activities
* State Department of Education Physical Education Contact: Beverly Grenert (603) 271-2831 -- State Department of Education, 101 Pleasant Street, State Office Park South, Concord, NH 03301

New Jersey

* Requirements: State mandate requires a combination of comprehensive health education, safety education and physical education for all students K-12 for 150 minutes per week; the mix allotment is up to the local school districts
* Who's Teaching PE? At the elementary level, PE Specialists and Classroom Teachers; middle and secondary levels, PE Specialists
* Needs: Update the status of physical education in reference to being integrated with the other areas of health
* New Initiatives: State Board of Education adopted first state plan for comprehensive health education, safety education and physical education in 1992, Coalition on Health Education, Safety Education and Physical Education is currently revising this plan; currently developing curriculum content standards; rejuvenating Interagency Fitness Coalition
* State Department of Education Physical Education Contact: Philip Brown (609) 292-0321 -- Department of Education, 225 West State Street, CN500, Trenton, NJ 08625-0500

New Mexico

* Requirements: State mandates that physical education be a part of each student's K-12 instruction program; no overall time requirements except one year for graduation between grades 9-12
* Who's Teaching PE? In elementary schools, 50 percent Classroom Teachers and 50 percent Physical Education Specialists
* Needs: Pushing for a requirement to do more assessment; financial support (each year a few more Physical Education Specialists positions are lost to Classroom Teachers)
* State Department of Education Physical Education Contact: William Owen Blair (505) 827-6570 -- State Department of Education, Education Building, 300 Don Gaspar, Santa Fe, NM 87501-2786

## New York

- Requirements: State mandate requires K-3, five times a week for a total of 120 minutes per week; 4-6, minimum three times a week for a total of 120 minutes a week; 7-12, three times a week for one semester and two times a week for other semester
- Who's Teaching PE? PE Specialists and Classroom Teachers for elementary; PE Specialists for secondary
- New Initiative: Physical education is included in the statewide initiative called "The New Compact for Learning" which is a total school program based on outcomes.
- State Department of Education Physical Education Contact: Colleen Canorro (518) 474-5820 -- State Education Department, 111 Education Building, Washington Avenue, Albany, NY 12234

## North Carolina

- Requirements: Has a competency based curriculum where there are no time/day requirements, and the state recommendation has been for daily "healthful living" (a combination of health and physical education K-9; one year is required for high school graduation
- Who's Teaching PE? Physical Education Specialists
- Needs: Smaller classes for physical education
- New Initiatives: Recently replicated National Youth Fitness Study by completing a statewide assessment of randomly selected students in K-12
- State Department of Education Physical Education Contact: Artie Kamiya (919) 715-1820 -- Department of Public Instruction, Education Building, 301 N. Wilmington St., Raleigh, NC 27601-2825

## North Dakota

- Requirements: Accreditation standards require that every student in grades 1-6 must have 90 minutes of physical education per week every year; students in grades 7-8 must have 80 minutes of PE each week; 1 Carnegie Unit (120) hours in 9-12 is needed for high school graduation
- Who's Teaching PE? 50% classroom teachers and 50% Certified PE Specialists for elementary classes. All middle and secondary classes are taught by PE Specialists.
- Concerns: Recent cutbacks in physical education at the secondary level; elementary PE instruction being turned back to classroom teacher; PE taken by correspondence.
- New initiatives: New Physical Education Curriculum and frameworks have been developed going towards outcomes based education. Training in the use of curriculum and frameworks.
- Recent Legislation: State Legislature passed a resolution for quality physical education programs.
- The Department of Public Instruction and State Department of Health sponsors a Roughriders Health Conference which trains 300 teachers annually.
- State Department of Education Physical Education Contact: Linda Johnson (701) 224-4138 -- State Department of Public Instruction, 600 E. Boulevard Ave., Bismarck, ND 58505-0164

## Ohio

- Requirements: State mandate shares physical education requirements with art and music for 200 minutes a week depending on the local school systems (K-6); 80 minutes of physical education per week for grades 7-8; one-half Carnegie Unit of physical education to graduate from high school
- Who's Teaching PE? 50% Classroom Teachers and 50% PE Specialists for elementary, PE Specialists only in middle and high schools
- Needs: must try to keep physical education a part of the state mandate
- New Initiatives: a review of new standards for all of education
- State Department of Education Physical Education Contact: Herbert Drummond (614) 466-2211 -- State Department of Education, 65 South Front Street, Columbus, OH 43266-0308

## Oklahoma

- Requirements: As of August 1, 1993, curriculum outcomes for PE are stated but no time requirements stipulated
- Who's Teaching PE? Health/PE Specialists, Classroom Teachers
- Needs: Advocacy efforts are needed to convince the State Board of Regents not to cut physical education requirements out at the higher education level
- State Department of Education Physical Education Contact: Velinda Baker (405) 521-2106 -- Department of Education, 2500 North Lincoln Blvd., Oklahoma City, OK 73105-4599

## Oregon

- Requirements: 18 wks/1 year 9-12
- Who's Teaching PE? PE Specialists, Classroom Teachers
- Needs: Recognized Governor's Council
- State Department of Education Physical Education Contact: Bob Ritson (503) 378-3602 -- State Department of Education, 700 Pringle Parkway, SE, Salem, OR 97310

**Pennsylvania**

* Requirements: presently state mandates physical education for K-12; time stipulations are removed for grades 7-12; as of September '94, physical education is required every year for primary, intermediate and middle schools but there are no time requirements, outcomes based education is local school districts responsibility
* Who's Teaching PE? Classroom Teachers and Physical Education Specialists at the elementary level; PE Specialists at middle and secondary levels
* Needs: authentic assessment should be integrated as part of the curriculum
* Working on implementing new health, physical education, recreation and dance outcome based educational curriculum.
* "PE Learning is for Everyone" in a new full curriculum for K-12 complete with group activities
* State Department of Education Physical Education Contact: Marian Sutter (717) 787-9862 -- State Department of Education, 333 Market Street, Harrisburg, PA 17126-0333

**Rhode Island**

* Requirements: 100 min/wk K-12
* Who's Teaching PE? PE Specialists, Classroom Teachers
* Bills introduced in the RI General Assembly would remove mandated time requirements (100 minutes per week) for health and physical education
* State Department of Education Physical Education Contact: Stephen Nardelli (401) 277-2638 -- State Department of Education, 22 Hayes St., Providence, RI 02908

South Carolina

* Requirements: state mandate for 75 minutes per week of physical education for grades 1-6; 250 minutes per week for nine weeks or the equivalent for grades 7-8; one Carnegie unit for graduation, grades 9-12
* Who's Teaching PE? elementary level - approximately 50% Classroom Teachers, 50% PE Specialists (one PE Specialist for every 500 students); PE Specialists at secondary level
* Needs: Legislation encouraging lifetime personal fitness programs
* Legislation: A recent proposal substituting athletics for physical education failed
* A coalition representing 25 state agencies conducted a statewide fitness campaign during May - Physical Fitness & Sports Month
* State Department of Education Physical Education Contact: Ruth Earls (803) 734-8385 -- State Department of Education, Rutledge Building, 1429 Senate St., Columbia, SC 29201

South Dakota

* Requirements: K-8, no time requirement
* Who's Teaching PE? PE Specialists, Health/PE Specialists, Classroom Teachers
* Needs: Increase Requirement
* State Department of Education Physical Education Contact: Connie Colwill (605) 773-4670 -- Division of Education, Department of Education and Cultural Affairs, 700 Governors Drive, Pierre, SD 57501

**Tennessee**

* Requirements: 36 wk/1 year 9-12
* Who's Teaching PE? PE Specialists, Health/PE Specialists, Classroom Teachers
* Needs: Funding to hire specialists
* State Department of Education Physical Education Contact: R. Michael White (615) 741-0878 – State Department of Education, 4th Floor North Wing, Cordell Hull Building, Nashville, TN 37243-0379.

**Texas**

* Requirements: while there are no time requirements, state requires daily physical education for K-2, weekly for 3-6, two semesters for 7 & 8, three requirements for 9-12
* Who's Teaching PE? 45 percent of elementary school children are taught by certified PE Specialists and 55 percent by classroom teachers; middle and secondary school students are taught by PE Specialists
* Needs: Working on assessment tools for the field; reviewing essential elements at middle school level
* New Initiatives: Foundation to good health and fitness course will be required in 1996 at the secondary level; a new state textbook has been adopted for the course; a state assessment combining health education and physical education (wellness) will be mandated in 1994
* State Department of Education Physical Education Contact: Marty Urand (512) 463-4326 – Texas Education Agency, 1701 North Congress Avenue, Austin, TX 78701-1494

**Utah**

* Requirements: state mandate for physical education but no specific time requirements, rather certain objectives
* Who's Teaching PE? Classroom Teachers at the elementary level; PE Specialists at the secondary level
* Needs: Assessment tools, funding for Elementary P.E. Specialists, fitness training for all teachers, less emphasis on team sports, funding for equipment and inservice, additional staff with specific P.E. responsibilities at the state office.
* State Department of Education Physical Education Contact: Laurie Lacy (801) 538-7864 -- State Office of Education, 250 East 500 South, Salt Lake City, UT 84111

**Vermont**

* Requirements: state mandate for physical education; time requirements determined by local school districts; recommendations two times a week for elementary; 1.5 credits for graduation, grades 9-12
* Who's Teaching PE? 50% Classroom Teachers/ 50% Physical Education Specialists in elementary schools
* Needs: As a part of outcome based education, physical education should be one of the fields of knowledge addressed
* State Department of Education Physical Education Contact: Doug Dows (802) 828-3124 -- State Department of Education, 120 State Street, Montpelier, VT 05602-2703

## Virginia

* Requirements: 36 wk/1 year 9-12
* Who's Teaching PE? Classroom Teachers Primarily
* Needs: Reduce student teacher ratio
* New Initiatives: A Special Committee on Outcomes Based Model Assessment has been established
* State Department of Physical Education Contacts: Del L. Moser, Pre and Early Adolescent (804) 225-2840; Myra Shook Desacada, Adolescent (804) 225-2718; Sandra Dofflemyer, Adolescent (804) 225-2872 -- Department of Education, PO Box 6-Q, 101 North 14th St., Richmond, VA 23216-2060

## Washington

* Requirements: state mandate requires 20 minutes per day year of instruction time for K-8; two credits/one year for graduation, 9-12
* Who's Teaching PE? Classroom Teachers/Physical Education Specialists for Elementary; Middle and Secondary School, PE Specialists
* New Initiatives: Legislature passed education reform act which will be performance based system; frameworks and assessments will be determined by March '96
* State Department of Education Physical Education Contacts: Jeff Carpenter (206) 753-6752 -- Office of Superintendent of Public Instruction, Old Capitol Building, Legion and Franklin, PO Box 47200, Olympia, WA 98504-7200

West Virginia

* Requirements: state mandate for physical education for students in grades K-9; no time requirements, left to the discretion of local school districts, 1 credit is needed for graduation 9-12
* Who's Teaching PE? Physical Education Specialists or Classroom Teachers in elementary; Physical Education Specialists for middle and secondary schools
* Acting State Department of Education Physical Education Contact: Tony Smedley (304) 558-7826 -- State Department of Education, 1900 Kanawha Blvd. East, Charleston, WV 25305

Wisconsin

* Requirements: 3 dy/wk K-6, 1 dy/wk 7-8, 24 wk/1 year 9-12; requires 1.5 credits for graduation in high school within a three-year period
* Who's Teaching PE? PE Specialists and Elementary School Classroom Teachers
* Allows school districts to propose alternative programs to meeting PE requirements
* State Department of Education Physical Education Contact: Ken Wagner (608) 266-3615 -- State Department of Public Instruction, 125 South Webster St., PO Box 7841, Madison, WI 53707

**Wyoming**

* Requirements: no time requirements and physical education requirements are up to the individual school districts. The requirement is not a statute but rather states that "all students shall meet the student performance standards at the level set at the school in the district."
* Who's Teaching PE?
* Pending Legislation: The Wyoming Association for Health, Physical Education, Recreation & Dance is working with the state legislature and State Board of Education on proposal to mandate fitness testing in grades 3,5,7 and 9/10.
* Does not have a Physical Education Consultant working at the State Department of Education – Hathaway Building, 2300 Capitol Avenue, Cheyenne, WY 82002
* PE Specialist indicates an individual holding a physical education teaching certificate in that state.

For more information:

**NASPE**

1900 Association Drive
Reston, VA 22091
**Phone** (703) 476-3410
**FAX** (703) 476-9527

An Association of the American Alliance for Health,
Physical Education, Recreation and Dance